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also charts of height and weight relationship and standards for growth.

More recent knowledge of adults' energy requirement and data for estimating it are included. Especially to be noted are the newer data on energy requirement of women at various household tasks. The modifications in the dietary standards for calcium, iron and phosphorus made by recent experimental work are given. It is fortunate that there are included in the book the tables giving the mineral content of food materials which have been so usable in Sherman's second edition of *Chemistry of Food and Nutrition*.

Several additions aimed to assist in the mechanical processes of calculation of nutritive value are: Dr. A. R. Rose's "short-cut" method for dietary calculations of large quantities of foods, some metric and English equivalents, the legal standard weights for the bushel, and the corresponding weight in ounces of the cupful of common food materials.

As before, the tables of composition of foods occupy a large space in the handbook. The constant user of these tables finds with regret that they have not been reset, listing all foods alphabetically in one table. The division into two tables in the first edition was an annoyance and this fault is added to in the second by including still a third table of the same nature. This third table of sixty or more foods fills in many of the missing items of the original ones. One is glad to find included also the energy content of some confectioners' goods originally reported by Benedict and Benedict. With the same understanding of laboratory needs which characterized the first edition and made it so indispensable, the author has made the revisions and addition which will keep it the handbook of dietetic information par excellence.

Sybil Woodruff, *University of Kansas*.

IF WINTER COMES. By A. S. M. Hutchinson. Little, Brown and Company, Boston Mass. Price, \$2.00.

One of the most interesting books we have read since the war. In style and lifelike delineation of character, it is an outstanding work.

THE HEALTHIEST YEAR

According to the records of 37 leading American insurance companies, comprising figures for 27,000,000 lives, the present year is the healthiest one in the history of Canada and the United States. Influenza and pneumonia account almost entirely for the favorable showing. The former has been almost entirely eliminated. As might have been predicted, deaths from pneumonia showed a sympathetic decline with influenza, causing only about half as many deaths this year as last.—The Survey, December 17, 1921.